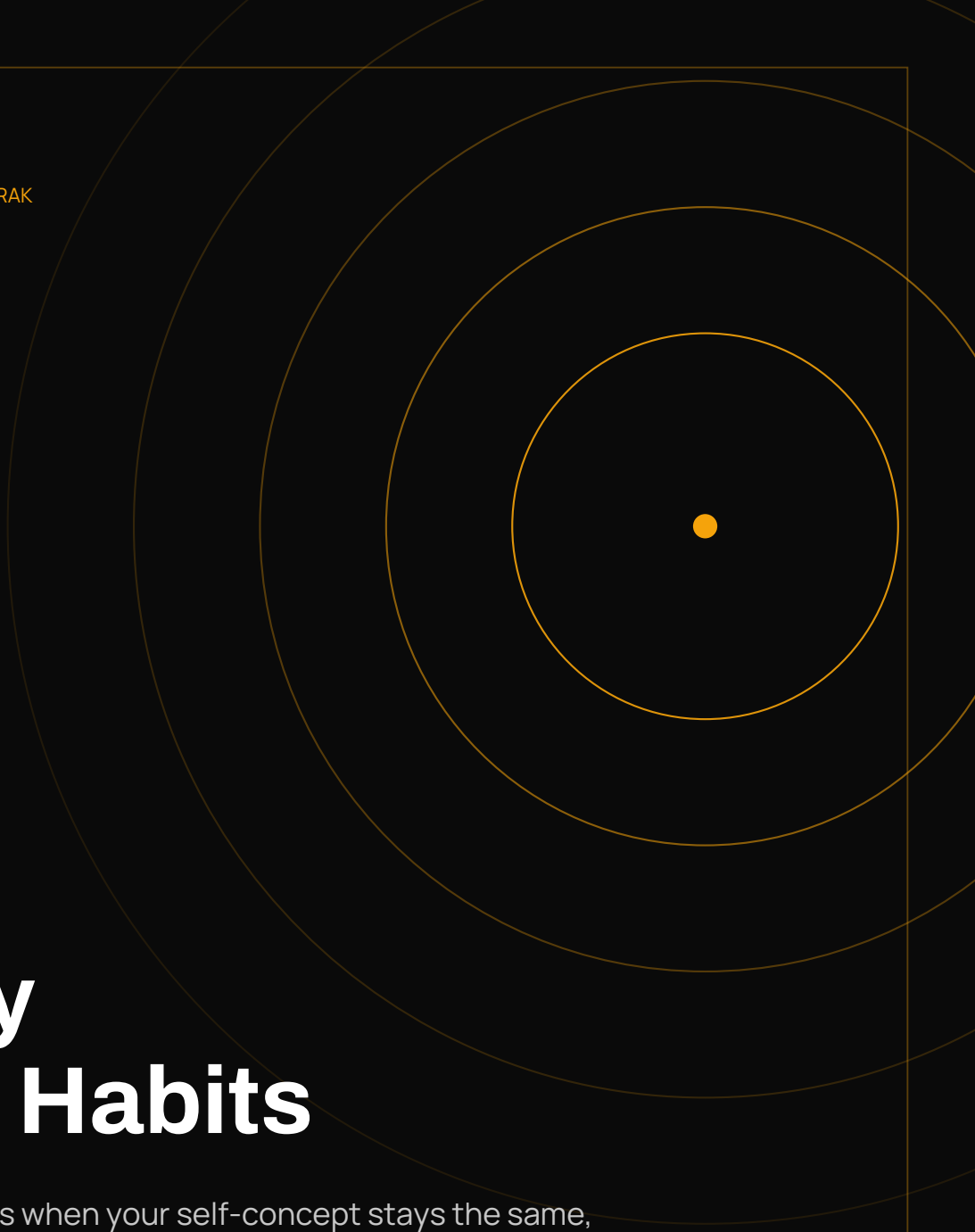
FREE MINI LESSON · ZOYA MUBARAK



Identity Before Habits

Why habit change fails when your self-concept stays the same, and a 14-day exercise to rebuild both.

IDENTITY | 15 MINUTES | PRINTABLE

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A MINI LESSON

Why your habits keep failing, and what to change first.

You have probably tried to wake up earlier, exercise, save money or stop scrolling, and managed it for a week. Then life happened, and you went back to the old you. That is not a willpower problem. It is an identity problem. You tried to change what you do without changing who you believe you are.

The idea in one sentence

> IDENTITY BEFORE HABITS
>
> Behaviour that goes against your self-image feels like effort. Behaviour that matches your self-image feels like "just who I am". So change the self-image first, then let the habits follow.

How it works

- Your identity is a set of beliefs about yourself. "I'm not a morning person." "I'm bad with money." "I'm shy." Most of them were given to you, not chosen.
- You act in line with those beliefs, even when you want something different. The old identity quietly wins.
- Every action is a vote for who you are becoming. One workout doesn't make you fit, but it is evidence that you are someone who moves.
- Enough small votes change the belief. Once the belief changes, the habit stops needing so much willpower.

Outcome, process, identity

LEVEL	FOCUS	EXAMPLE
Outcome	What you want to get	"I want to lose 5 kg."
Process	What you do	"I will walk 30 minutes a day."
Identity	Who you are becoming	"I am someone who takes care of her body."

Most people start at the top. Start at the bottom instead.

EXERCISE

From inherited to chosen

Write three beliefs you hold about yourself that are holding you back. Then write the identity you are choosing instead.

THE IDENTITY I INHERITED	WHERE IT CAME FROM	THE IDENTITY I CHOOSE

Write your identity statements

Use the present tense, as if it is already true. Keep them believable.

I am someone who…

I am someone who…

I am someone who…

The smallest proof

For each statement, choose one action so small you could do it on your worst day. That action is your daily vote.

IDENTITY	SMALLEST DAILY PROOF

14-DAY EVIDENCE LOG

Collect your votes

Tick each day you cast your vote. Missing one day is human. Missing two in a row is the start of the old pattern, so never miss twice.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Vote 1														
Vote 2														
Vote 3														

At the end of 14 days

What evidence do I now have that I am becoming this person?

Which old belief feels weaker than it did two weeks ago?

REMEMBER

You are not trying to become someone else. You are choosing, on purpose, which version of yourself gets your daily attention.

DOING THIS ALONE IS A START. DOING IT WITH GUIDANCE IS A SHORTCUT.

This mini lesson gives you the first layer. Personality Reset takes you all the way, step by step, with Zoya. Turn the page to see what is inside and how to join today.

YOU HAVE DONE THE FIRST PART. DON'T STOP HERE.

Free resources start the thinking. Programs finish it.

THE PROGRAM THIS GUIDE COMES FROM

Personality Reset

Five days that go underneath the behaviour: why you act, speak, love yourself and hold boundaries the way you do, and how to rebuild it on purpose. Workbook, guidebook and six months of private community.

- See the patterns that have been quietly running your life, and where they came from
- Rebuild your self-concept, confidence and boundaries with guided daily exercises
- Six months of community so the change lasts after the five days

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START PERSONALITY RESET » zoyamubarak.com/personality-reset

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HOW TO JOIN IN 3 MINUTES

1. Pakistan: pay by SadaPay to 0337 3696443 (Zoya Mubarak) from any bank or wallet app.
2. India or international (Binance / crypto): message our team on WhatsApp for the details.
3. Submit your receipt at zoyamubarak.com/payment and get your login by email and WhatsApp.

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